

# Weight Management Through Hypnosis

Get slim and healthy for the Holidays! Hypnosis is a safe and gentle way to learn to control and modify your eating behavior. While enjoying the deep relaxation of Hypnosis you will be given gentle suggestions that will help you begin to eat less, eat healthier and feel better about yourself. Fee: \$75

GWMH-1D Thurs. 9/7-10/12 7:00-8:30 PM

Class will be held at the Pyle Adult Recreation Center, 655 E. Southern Ave.

Registration:  
online or download registration form  
at [www.tempe.gov/pkrec](http://www.tempe.gov/pkrec)

